



SIoux FALLS LINCOLN PATRIOTS

Patriot Profile: Head Coach Fredenburg

- Teaching is coaching and coaching is teaching. It has been said if you love your job, you will never work a day in your life. **I love my job.**
- Having been personally impacted by the concepts of discipline, effort and team work taught on the football field, my desire is to become a head coach who is a leader and role model in **developing young men 's character and values.**
- Increasing your understanding through sharing and listening to the ideas of others is valuable. Throughout my career, I have had the privilege to develop strong relationships with successful coaches who have mentored me. I believe in the **power of accountability and mentorship** among staff and players.
- High school football has the potential to be a major positive influence in the lives of the athletes as well as the coaches. Guiding each player to develop the skill and technique needed to perform and win at this game has the added benefit of creating **strong individuals who can succeed at life.**

Coach Fredenburg can be reached at Jared.Fredenburg@k12.sd.us to answer questions regarding the Patriots Football Program.

Core Values: Discipline, Team, Pride, Trust

Discipline: The definition of discipline says: “the practice of training people to obey rules or a code of behavior.” To achieve discipline, you must first have a clear understanding of our football programs goals and values. We will clearly identify the goals of our program to our student-athlete and they will know that discipline will become a habit to achieve these goals.

Team: Members of our football program will learn that the team comes before self. The members

of the team are there together to achieve a common goal. The goal must be shared by our entire team. The name on the front of the jersey is far more important than the name on the back. We will be asking or players to “lose themselves” within the team concept.

Pride: Pride is defined as “pleasure or satisfaction taken in something done by or belonging to oneself or believed to reflect credit upon oneself”. Pride is something that is earned

by members of the team. They take pride in doing things right. They take pride in achieving success in the classroom, in the hallways, in the weight room and in our community as well as on the playing field.

Trust: In order for a team to function at a high level there must be trust. The coaches have to be people of character to earn the athletes trust. The athletes must conduct themselves to earn the trust of their teammates.

Great players win games. Great **TEAMS** win **CHAMPIONSHIPS**.

Patriot Football Player Expectations

1. Players are expected to attend every meeting, every practice and every game.
2. Players are expected to participate in all events scheduled for the football program held during the season and during the off-season.
 - Fundraisers
 - Pep rallies
 - Camps
 - Weight lifting and conditioning (unless in another sport)
3. Players are expected to represent Lincoln High School and our community with integrity and in a positive way.

In school

 - * Great attendance and zero office referrals
 - * Classrooms: be a positive contributor
 - * Hallways: be a role model
 - * Cafeteria and rest rooms: safe and clean
 - * As spectators: show respect
 - * As participants: compete

In the community

 - * Represent Lincoln High School: People will know you are an athlete
 - * Contribute something positive to our community

When we travel

 - * On the bus
 - * In a restaurant
 - * In other schools

Parent Expectations

1. Parents are expected to support their son/daughter in a positive way.
 - * Let the coaches coach
 - * Don 't compare other athletes
 - * Be a good listener
 - * Allow your child to work things out (if possible)
2. Parents are expected to communicate appropriately with the coaches.
 - * All parent information will be delivered via team website or parent council
 - * All meetings with the coaches should be conducted at the high school
 - * Right after a game is not an appropriate time to communicate with the coaches
3. Parents are expected to be a great Lincoln Patriots fans.
 - * Cheer for our team, not against the opponent
 - * Don 't criticize players
4. Parents are expected to attend as many games as possible.
 - * We couldn 't play without referees. Treat them with respect
 - * Demonstrate the kind of sportsmanship we want our children to emulate
 - * Encourage team play in your child. Working together creates success
 - * Your child ALWAYS appreciates your attendance
 - * Volunteer whenever you can and create a positive family experience.
5. Parents are expected to join the Booster Club.
 - * Support all activities at Lincoln High School
 - * Your involvement is what makes the Club valid
 - * We can 't run our program without the Booster Club
 - * Get to know other parents with involved kids

OPEN GYM

March 20-May 8
6:30-7:15 AM

PATRIOT LIFTING

February - May 2017
Mon/Tues/Thurs : after school
Tues/Thurs: 6:30-7:15 AM

June- - July 2017

Mon/Tues/Thurs @ Lincoln
7:00-10:00 AM
Wed/Fri @ Sanford Fieldhouse
Time TBD

FOOTBALL CAMPS

June 12, 13, 14
6:30-8:00 PM
Lincoln High School

June 18, 19, 20
Augustana Football Camp

July 24, 25, 26
6:30-8:30 PM
Lincoln High School